



Nutrition Facts

	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% Daily Value			
																		Vitamin A	Vitamin C	Calcium	Iron
Sandwiches, Burgers, and Gyros (one order)																					
Philly Steak Sandwich	697	310	35.18	54	14.99	75	0	106.21	35	1734.82	72	56.7	19	4.05	16	4.57	38.76	0	0	1	11
Philly Chicken Sandwich	678	243	27.72	43	11.82	59	0	141.42	47	1612.12	67	54.67	18	4.05	16	4.57	52.67	0	0	2	4
Reuben Sandwich	370	164	19.35	30	8.96	45	0	83.6	28	2214.77	92	19.31	6	1.52	6	3.99	28.79	0	0	0	0
Beef Burger	588	383	42.96	66	18.31	92	0	98.44	33	1094.91	46	22.07	7	1.19	5	6.06	29.6	0	0	0	0
Chicken Burger	571	186	21.47	33	8.1	41	0	113.3	38	1448.03	60	48.73	16	2.33	9	8.96	46.13	0	0	1	3
Ham Sandwich	373	189	21.18	33	9.11	46	0	73.15	24	2015.04	84	18.67	6	1.33	5	5.11	27.86	0	0	0	4
Turkey Sandwich	519	151	17.8	27	7.07	35	0	57.58	19	2324.89	97	59.8	20	3.08	12	5.78	32.92	0	0	1	5
Roast Beef Sandwich	563	203	22.78	35	9.29	46	0	82.09	27	2126.62	89	49.35	16	2.47	10	8.52	37.16	0	0	0	0
Tuna Salad Sandwich	434	239	27.24	42	11.13	56	0	78.09	26	978.74	41	20.7	7	1.33	5	5.11	25.79	0	0	0	11
Turkey Pastrami Sandwich	596	223	25.65	39	7.91	40	0	63	21	2103.58	88	57.77	19	3.08	12	6.59	36.3	0	0	0	0
Corned Beef Sandwich	604	229	26.42	41	10.42	52	0	83.3	28	2299.57	96	56.55	19	2.76	11	9.38	37	0	0	0	4
Lamb Gyro	580	283	31.87	49	12.15	61	0	76.05	25	581.3	24	44.11	15	3.61	14	5.01	27.87	0	0	0	0
Beef Gyro	580	272	30.41	47	12.41	62	0	58.82	20	1001.62	42	52.11	17	3.61	14	4.7	21.44	0	0	0	0
Chicken Gyro	421	80	9.49	15	2.51	13	0	90.91	30	588.85	25	42.48	14	3.61	14	4.7	38.72	0	0	1	3
Buffalo Wings (one order)																					
Hot, Med, Mild Wings	657	437	48.74	75	12.63	63	0	220.05	73	224.15	9	50	17	0	0	0	51.34	0	0	0	0
Lemon Pepper Wings	1034	814	89.31	137	19.87	99	0	220.05	73	513.94	21	50	17	0	0	0	51.34	0	0	0	0
Honey BBQ Wings	718	437	48.74	75	12.63	63	0	220.05	73	577.81	24	13.41	4	0	0	1.22	51.34	0	0	0	0
Teriyaki Wings	695	437	48.75	75	12.63	63	0	220.05	73	1855.57	77	6.62	2	0.04	0	6	53.86	0	0	1	4
Fried Items (one order)																					
Chicken Tenders (4pc.)	443	176	17.93	28	3.33	17	0	66.81	22	1285.26	54	33.4	11	1.67	7	0	35.07	0	0	0	0
Whiting	240	137	15.03	23	3.22	16	0	28.94	10	485.52	20	14.45	5	0.43	2	0	12.48	1	0	2	10
Tilapia	335	180	20.27	31	4.25	21	0	43.41	14	679.3	28	21.67	7	0.64	3	0	18.71	1	0	2	15
Fried Shrimp (8pc)	525	259	29.17	45	4.27	21	0	114.68	38	1204.91	50	46.99	16	1.27	5	5.22	17.72	0	0	0	0
French Fries	456	158	17.79	27	3.52	18	0	0	0	942.04	39	70.41	23	5.38	22	0.57	6.37	0	0	3	10
Fried Rice (one order)																					
Vegetable Fried Rice	584	54	5.75	9	1.04	5	0	0.14	0	1444.28	60	112.58	38	4.65	19	10.01	16.97	0	0	1	2
Chicken Fried Rice	1224	564	60.86	94	11.02	55	0	91.05	30	1976.39	82	112.58	38	4.65	19	10.01	47.08	0	0	2	5
Beef Fried Rice	810	179	19.57	30	6.69	33	0	69.24	23	1821.16	76	116.35	39	4.65	19	10.01	37.07	0	0	1	2
Shrimp Fried Rice	850	73	7.65	12	1.04	5	0	95.08	32	2330.36	97	155.62	52	5.92	24	11.28	34.69	0	0	1	2

Salads (one order)

Chef Salad (Large)	432	300	33.61	52	6.16	31	0	43.74	15	1142.44	48	19.62	7	4.99	20	10.42	16.93	0	0	2	2
Chef Salad (Small)	370	287	32.34	50	5.62	28	0	24.14	8	655.93	27	15.06	5	3.59	14	7.55	8.68	0	0	1	1
Tuna Salad Salad (Large)	626	370	40.61	62	7.17	36	0	61.49	20	1293.66	54	38.8	13	6.03	24	9.8	29.89	0	0	1	1
Tuna Salad Salad (Small)	544	379	42.8	66	13.09	65	0	91.67	31	1102.81	46	11.89	4	2.76	11	6.52	29.72	1	1	3	5
Fried Chicken Salad (Large)	667	352	38.83	60	14.16	71	0	95.61	32	2815.37	117	41.6	14	9.63	39	18.07	39.12	0	0	1	1
Fried Chicken Salad (Small)	419	228	25.26	39	9.93	50	0	64.94	22	1282.31	53	23.68	8	5.74	23	10.88	25.19	0	0	1	0
Grilled Chicken Salad (Large)	655	373	41.45	64	14.57	73	0	155.57	52	1503.15	63	24.28	8	5.15	21	17.42	46.78	0	0	2	4
Grilled Chicken Salad (Small)	433	293	32.73	50	5.93	30	0	74.29	25	527.83	22	12.69	4	3.42	14	7.23	23.77	0	0	1	2
Garden Salad (Large)	574	428	48.42	74	15.7	79	0	70.25	23	1391.44	58	19.98	7	4.86	19	11.04	18.35	0	0	1	1
Garden Salad (Small)	231	133	15.75	24	9.38	47	0	33.58	11	822.87	34	12.96	4	3.42	14	8.48	12.69	0	0	1	0